

THOSE AWFUL CRAMPS

Suggestions that may save Much Suffering

Marysville, Pa. "For twelve years I suffered with terrible cramps. I would have to stay in bed several days every month. I tried all kinds of remedies and was treated by doctors, but my trouble continued until one day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never troubled with cramps and feel like a different woman. I cannot praise Lydia E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends who suffer as I did." Mrs. GEORGE R. NAYLOR, Box 72, Marysville, Pa.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (consultant), Lynn, Mass. Only women open and read such letters.

The Same Tresspass. A farmer going over his land, caught an Irishman with his dog trespassing in a field, and threatened him with prosecution.

Returning, however, through the same field an hour later he was surprised to meet the Irishman in another part of it, and exclaimed angrily: "What! Trespassing again?"

"No, no," answered Pat, "it's still the same tresspass. Fair play, sorr!"

FRECKLES

Now is the Time to Get Rid of These Ugly Spots. There's no longer the slightest need of feeling ashamed of your freckles as the prescription on hand—double strength—is guaranteed to remove these honey spots. Apply it as directed, and you will see the freckles disappear from your nose, cheeks and forehead. It is a simple, safe and effective remedy. It is a sure cure for freckles, and it is a beautiful skin complexion.

A Sporting Event. A recent sports meeting in a country town an old countryman picked up a program of events and was studying it earnestly when a swell approached him.

"What's that chap, what's the next event on the program?"

"An old man (looking up from his card)—A dandy race, sir. Are you going to run?"

Fulton Was a Great Man. The story in history was studying the life of Robert Fulton. In connection with it they, of course, brought in the tale of the steamboat, which had made Fulton famous.

"What's that many of the great uses of the steamboat?" asked the teacher.

"What things might not have happened if the steamboat had not been invented?"

"Well," answered little Johnny, who had been called on, "well, um-ma, Columbus might not have discovered America."

Smart Man. After the supper party the host handed round a box of cigars with an expansive smile of the help-yourself-and-look-after-yourself variety.

"Lovely cigars, ye know!" he declared, offering the box to the first guest. "They were a present from my wife."

Gently, but none the less firmly, every man present swore that smoking would expand his heart to colossal proportions, or else that he had sworn off the weed for the duration, says London News.

When they had all gone the host extracted a card from under the first layer of cigars. "From Uncle James."

"That little speech saved me that box," he mused. "Jolly smart wheeze!"

Speaking without thinking is shooting with the eyes shut.

The Danger Zone for Many Is Coffee Drinking

Some people find it wise to quit coffee when their nerves begin to act up.

The easy way nowadays is to switch to

Instant Postum

Nothing in pleasure is missed by the change, and greater comfort follows as the nerves rebuild.

Postum is economical to both health and purse.

"There's a Reason"

SELF HELPS for the NEW SOLDIER.

By a United States Army Officer

HOW TO START AND STOP.

There is small use in being taught how to march if the soldier does not know how to start. Knowing how to start is not only important—it is fundamental. The whole unity and smoothness of a group movement depends upon whether it has had a precise beginning. Otherwise, it is ragged. Otherwise, it may be completely spoiled while individuals are bobbing along, trying to pick up the stride. Otherwise, also, fond mothers (as in the ancient story which has been handed down, perhaps, from the Macedonian Phalanx) may exclaim, "Look—look—everybody's out of step with Johnnie!"

Knowing how to stop—to halt—is fully as important, if a movement is to have a trim and military finish. In some respects, it is even more so, since a loose, slack movement with a snappy conclusion may leave a better impression than a well-conducted effort which slumps down at the end and expires. Just as all individual movements must be exact in order to form the essential habit of military precision, so all group movements must depend upon the degree of exactness in the individual.

Whether a movement, well started, may be carried to a successful and precise termination rests upon cadence. The extent to which the new soldier may be assimilated into a military unit is governed by the measure in which he is able to fit his steps and movements to the accepted cadence. This, for marching at quick time, parades and the manual of arms, is at the rate of 120 steps—or beats—a minute. Learn then to perform all movements not otherwise specified at the rate of two counts a second. After this, the new soldier will find that he can be shifted from one unit to another without a hitch.

Marches start from the position of attention. At the command "forward," the weight of the body is shifted to the right leg, but the left knee must be kept straight, and there must be no visible evidence of the transfer. "Forward" is a preparatory command, and its difference from "march," the command of execution, will be explained in a later article. At "march," the left foot—always the left foot—is moved smartly forward for the regulation step of 30 inches. The sole remains near the ground and it is planted without a shock. There is no such contention as the goose step in the United States army.

The command "company (squad) halt" is given as either foot strikes the ground—which foot is governed by the line on which the halt is to be made. If it is the left foot which strikes the ground when the command "halt" is given, the right foot will still be planted 30 inches ahead in marching. The left foot will then be raised and placed beside the right foot. This completes the halt.

To "mark time," the feet are raised alternately, and in cadence, about two inches from the floor and replaced in the same spot. This is continued until a further command—either "Forward march," or "halt," is given. The former is given as the right foot strikes the ground, so that the soldier starts off again with the left foot. "Mark time" is a command that holds a marching soldier in his tracks, so to speak, in marching cadence.

WHY SOLDIERS MUST BE FLEXIBLE IN MOVEMENT.

Any body of troops must be flexible in movement, since it may be necessary at any instant to change its purpose or direction. While such a body, without well-defined rules, would be most cumbersome and unwieldy—if not impossible—to handle, it must, in fact, respond to commands more quickly and precisely than a boat to its rudder, or an automobile to its wheel. A column of troops must not only learn to turn at an exact right angle, but, with equal celerity, it must be able to shift its movement in any specified direction, even to the exact reverse, without losing as much as a step.

By the commands, "column right" or "left," "right (left) turn," "by the right (left) flank," "right (left) oblique," "incline to the right (left)," and "to the rear," a unit may at once be able to switch direction toward any desired objective.

When a company is in column of squads, that is, four men abreast, to change direction the command "column right (left) march" is given, and at the word "march," the head of the column turns sharply, at a right angle in the specified direction. This is done on what is called a moving pivot, which will later be explained in the school of the squad. "Right (left) turn" is executed when a company is in line, that is, fifty-six men abreast, and the line also turns on a moving pivot to right or left, as the case may be. "Right turn" is executed by a squad as well as a company.

"By the right (left) flank" is executed, as with all movements, at the command "march." This command is given as the right foot strikes the ground. The soldier promptly turns to the right on the balls of both feet and immediately steps off in that direction with the left foot.

In the "right (left) oblique" each man performs half of "by the flank"—that is, he steps off in a direction 45

degrees to the right or left of his original front. While he preserves this position, he keeps his shoulders to the guide (the man on the right front of the line or column), and also he so regulates his steps that the rank remains parallel to its original front. "Incline to the right (left)" is not a rigid movement, but the execution of the command is left to the discretion of the company guide. It is usually given to avoid an obstacle which protrudes into the line of march. "To the rear . . . MARCH" completely reverses the direction of a column without bringing it to a pause or a halt. At the command, "march," which is given as the right foot strikes the ground, the soldier advances and plants the left foot; then he turns to the right about on the balls of both feet and immediately steps off with the left foot.

These are the basic commands of a soldier's flexibility of movement, and the recruit who learns to execute them in unison with his fellows has taken a decided step on the road that leads to the accomplished soldier.

COMMANDS AND HOW AND WHY GIVEN.

The execution of a command depends a great deal upon the way in which it is given. While it is true that green soldiers may not be able to execute in a clean-cut way a command which has been properly given, even veteran troops will become slipshod if a command is mumbled or drawled in a spiritless fashion by their commander. This would be the fault of the officer, for the work of a soldier is a credit to, or reflection upon, the ability of his officer. Nevertheless, if a soldier will not apply his intelligence and responsibility to the words he hears—in short, if he goes to sleep on his feet—then the best officer in the world cannot make a real soldier of him.

Every command is divided into two parts, into two separate commands. The first is called the preparatory command—the second the command of execution.

The preparatory command is intended to inform the soldier of the movement which is to be executed. It should be given with a rising inflection, for it not only should inform the soldier, but it should bring his faculties to a poised ready for instant response to the second half of the command, or the command of execution.

The rising inflection has the effect of balancing the soldier—psychologically—on the edge of the movement. Yet he must not twitch a muscle, or receive it. The whole movement is damaged if one soldier anticipates the command of execution or even exhibits nervous shiftings of the hands and feet.

The command of execution is given at the precise instant the movement is to commence.

While the tone of the preparatory command must be "animated," the command of execution is required by the infantry drill regulations to be "more energetic"—"firm in tone and brief." In other words and in plain, unadorned English, the command of execution must sound like a pistol shot and authoritative in the extreme, bringing instant obedience from the soldier.

A short interval should always elapse between the preparatory command and the command of execution. In the drill regulations, the former is printed in black italics and the latter in black capitals.

A command is given as follows: "FORWARD . . . MARCH" "ABOUT . . . FACE!" "COLUMN RIGHT . . . MARCH" "LEFT OBLIQUE . . . MARCH" "RIGHT SHOULDER . . . ARMS!" "Company (squad) . . . HALT!"

When, as is the case in a few instances, the command is a single word, it is divided by syllables into a preparatory command and a command of execution. Thus, "attention" is pronounced: "Atten . . . TION!"

Commands, signals or orders are the three classes of directions given to troops—many commands being given by signals. These signals may be conveyed either by a whistle, the bugle, prescribed motions of the commanding officer's arms, or by flags. An order is employed only when the commands prescribed do not sufficiently indicate the will of the commander. In other words, commands are of a limited and more or less rigid nature, while special instructions to one or more men constitute an order. This may be communicated either by word of mouth, in writing, by telephone, telegraph, or by flag signals.

Not Satisfied.

The lady had heard a stranger in a railway carriage say that if any man could see himself intoxicated he would never be intoxicated again, and having a husband addicted to alcoholism, and also plenty of money, she thought of experimenting. The cinematograph operator whom she engaged was not kept waiting long for an opportunity of filming the errant husband, and in the presence of relations the subject was privileged to behold himself on the screen. He was very quiet throughout, and gravely left the room, which the others thought a good sign. Finding he had also left the house, his brother set out to find him, running him to earth eventually in the club, busy—as an attendant stated—with his fifteenth cocktail.

"Look here," said the brother, "I didn't think I'd find you back at the game."

"Didn't you?" innocently asked the subject. "Well, the fact of the matter is, I'm not satisfied with that film!"—Manchester Guardian.

Ladies Barred.

Mrs. Hilo (Sunday afternoon)—George, dear, can't you arrange to accompany me to church tonight?

Hilo—Awful sorry, but I promised Rounder to accompany him to a sacred concert tonight.

Mrs. Hilo—Oh, very well. I'll go there with you.

Hilo—But, my dear, I—er believe no ladies are admitted.

Topics of Interest on Home and Farm Building

William A. Radford tells the man who builds a medium priced home or farm building how to get the most in material value, convenience and architectural good looks for his money, in his articles which appear in the Northwestern weekly. He gives the latest ideas in construction and enables you to build without the expense of consulting an architect.

CONSIDER GROUNDS ABOUT YOUR HOME

Good-Looking Premises Increase Value of Property by Big Percentage.

ATTRACTIVE PLAN GIVEN HERE

This Artistic Bungalow Should Have Plenty of Lawn Space—Pergola Can Be Made to Serve as Roofed Porch.

Mr. William A. Radford will answer questions and give advice FREE OF COST on all subjects pertaining to the subject of building, for the readers of this paper. On account of his wide experience as Editor, Author and Manufacturer, he is, without doubt, the highest authority on all these subjects. Address all inquiries to William A. Radford, No. 1237 Prairie avenue, Chicago, Ill., and only enclose two-cent stamp for reply.

By WILLIAM A. RADFORD. Every person who builds a house which is to be used as his home finds himself confronted with the problem

of deciding how much he can afford to spend for the beautification of the premises. Of course, everyone wants a beautiful home. Those who have studied art, and especially architectural art, insist upon the embodiment of a definite artistic scheme, agreeable with their particular conception of the beautiful, in the house design and layout of the premises. Such a person is usually able to convey to the architect the ideas which will enable him to shape the images in his mind so that they will conform with these definite ideas of the home builder. The architect then acts in the capacity of an adviser, suggesting details which seem, in his judgment, to add to the effectiveness of the scheme, while at the same time he analyses each idea with the object of determining just how it may be adopted in the structural sense. The average man must trust very largely in the architect's judgment. This does not mean that he has no conception of architectural beauty, but rather that he has not spent enough time in the study of this subject so that he is able definitely to transfer this conception into words. The architect may determine the principal features which are desired by reference to a number of photographs of houses of many different types, out of which the prospective home builder may select those which have the features in which he is interested well worked out. The study of floor plans is usually based upon established ideas of the



6799 x

plant to an elaborate garden in which trees, shrubs, flowers and grass all have a place.

The illustrations will serve to suggest a moderate artistic treatment of the bungalow idea where there is sufficient lawn space to form an effective background for the novel building. This bungalow could hardly be beautiful if built on a small lot, closely flanked by buildings and erected too near the highway or street. Given the proper setting, it is decidedly beautiful in its outline, color scheme and general appearance.

The building carries a low gable roof with rafter and purlin decorations. The sides of the house are made of stucco up to the bottoms of the windows, from which point the remainder of the surface is finished with stained shingles. The most attractive feature of the exterior is the large pergola porch. There is a novel, artistic and decorative value possessed by a pergola, properly designed and placed and tastily arranged with flowers and vines. For this reason the pergola around the front of this home creates the idea of warmth, comfort and coziness which is one of the characteristics of the properly designed bungalow. Some people find objection to the pergola because it loses its serviceability in rainy weather. There is no reason why the pergola cannot be built to overcome this objection. Panels of wire glass may be fitted above and between the pergola beams in such a

CONCRETE MIXERS

For the Contractor and Farmer. Send for circular and prices. Sunderland Machinery & Supply Co., Omaha.

Write, wire or phone WOOD BROTHERS OMAHA

For correct quotations on live stock. ESTABLISHED 1867.

An Abandoned Industry. Henry—I see it be ordained as the farmers should grow pigs these times. Have you any coming along, Jarge?

George—No, 'Enery; I haven't taken no interest in pigs much since the missus died.—London Tattler.

Twenty-Five Years' Experience With Kidney Remedy

Between twenty-five and thirty years ago I commenced selling Dr. Kilmer's Swamp-Root and during all that time I have never heard a single complaint from my customers; they are more inclined to praise it; and judging from their favorable remarks and the repeated sales I enjoy I am confident that Swamp-Root is a valuable medicine for the troubles for which it is intended.

Very truly yours, OTTO H. G. LIPPERT, Pharmacist, 1601 Freeman, Cor. Liberty Sts. Cincinnati, Ohio.

Sept. 19, 1916. Prove What Swamp-Root Will Do For You. Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Expectations Realized. "Look'ee, George, didn't I tell'ee my boy would make 'th' folks sit up an' open their mouths when 'e got to Lunnun?"

"Zo you did, and 'e 'ad 'e done it?"

"Aye." "E've started business as a dentist!"—Passing Show.

Sore Eyes

Granulated Eyelids, Eye inflamed by exposure to Sun, Dust and Wind quickly relieved by Murine Eye Remedy, No Smarting, just Eye Comfort. At Druggists or by mail 50c per Bottle, Murine Eye Salve in Tubes 25c. For Book of the Eye FREE ask Murine Eye Remedy Co., Chicago

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A woman's idea of misery is being obliged to go to a new place in old clothes.

Choosing His Words. Wife—"Why are you speaking so sharply?" Hubby—"Because I want to get a word in edgeways."

In the Discard. "You see a lot of mandolins and guitars in the pawnshop window."

"I s'pose it's different in Europe. They say over there the pawnshop windows are full of old seepers."

If you won't save money for your boss whenever you can, you won't save much for yourself at any time.

Irrelevant Similarity. "Cooper is a writer who is well posted on 'street' corners."

"That's nothing; so are mail boxes."

Ups and Downs. "I threw up a good position to please that girl."

"Did she appreciate the sacrifice?"

"No, she didn't; she threw me down."

Save the Babies

INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twenty-two per cent., or nearly one-quarter, die before they reach one year; thirty-seven per cent., or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save many of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations. Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium or morphine. They are, in considerable quantities, deadly poisons. In any quantity, they stupefy, retard circulation and lead to congestions, sickness, death. There can be no danger in the use of Castoria if it bears the signature of Chas. H. Fletcher as it contains no opiates or narcotics of any kind.

Genuine Castoria always bears the signature of Chas. H. Fletcher.

Raise High Priced Wheat on Fertile Canadian Soil

Canada extends to you a hearty invitation to settle on her FREE Homestead lands of 160 acres each or secure some of the low priced lands in Manitoba, Saskatchewan and Alberta. This year wheat is higher but Canadian land just as cheap, so the opportunity is more attractive than ever. Canada wants you to help feed the world by tilling some of her fertile soil—land similar to that which during many years has averaged 20 to 45 bushels of wheat to the acre. Think of the money you can make with wheat around \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming in Western Canada is as profitable an industry as grain growing.

The Government this year is asking farmers to put increased acreage into grain. There is a great demand for farm labor to replace the many young men who have volunteered for service. The climate is beautiful and agreeable, railway facilities excellent, good schools and churches convenient. Write for literature as to reduced railway rates to Supt. of Immigration, Ottawa, Can., or to

W. V. BENNETT Room 4, Bee Bldg., Omaha, Neb. Canadian Government Agent

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Market your cream where it will get you the most money. The Fairmont Creamery Company offers you the benefits of its thirty-four years of experience. By shipping your cream to this company you will receive full market value in payment; your check will be sent you daily; you will save express charges and your cans will be returned more promptly. Satisfaction is guaranteed. Ship to the nearest Fairmont factory. Factories are located at Omaha, Crete and Grand Island.

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